

# SCENARIO - PHYSICAL TRAINING (PT)




Updated 2/04

# **STEP 1 - IDENTIFY HAZARDS**

- **Drugs: illegal, RX and over the counter**
  - **Dehydration/hyponatremia**
  - **Route**
  - **Heat/humidity/weather**
  - **Traffic**
  - **Visibility**
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# STEP 2 - HAZARD ASSESSMENT

<u>Hazards</u>		<u>Risk Assessment</u>
Drugs: illegal, RX/over the counter		Serious (2)
Dehydration/hyponatremia		Serious (2)
Route		Moderate (3)
Heat/humidity/weather		Serious (2)
Traffic		Moderate (3)
Visibility		Serious (2)

# STEP 3 - MAKE RISK DECISIONS

<u>Hazards</u>	<u>Risk Assessment</u>
Heat/humidity/weather	Serious (2)
Drugs: illegal, RX/over the counter	Serious (2)
Dehydration/hyponatremia	Serious (2)
Visibility	Serious (2)
Route	Moderate (3)
Traffic	Moderate (3)



# STEP 4 - IMPLEMENT CONTROLS

## Hazards

Heat/humidity/weather



Drugs: illegal, RX/over the counter

Dehydration/hyponatremia

## Controls

PT Early AM/ late PM,  
indoors, delay/lightning,  
acclimatization

Personal accountability

Fluids at proper level

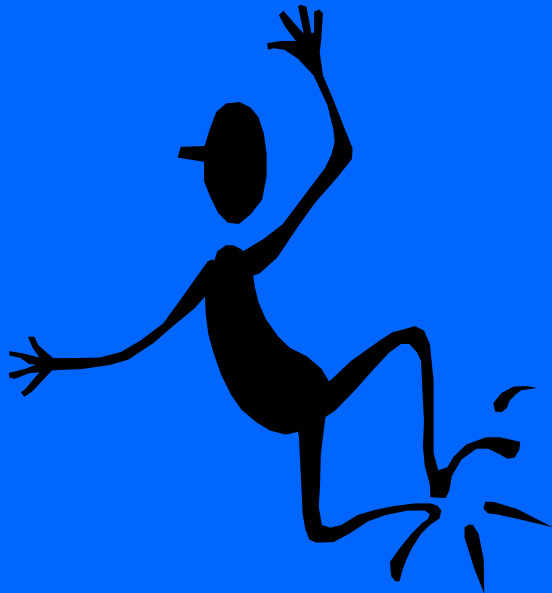
# STEP 4 - IMPLEMENT CONTROLS

## Hazards

Visibility

Route

Traffic



## Controls

Reflective gear/light  
colored clothing

Stay on sidewalk/open trail,  
allow extra time

“Off” traffic time, run against  
traffic, no head sets

# **STEP 5 - SUPERVISE**



- » **Personal accountability**
- » **Monitor changes and allow for adjustments**
  - **weather**
  - **surface conditions**
  - **overexertion**
  - **visibility**

# ACTUAL MISHAP

- **TEMPERATURE 83 DEGREES**
- **23 YEAR OLD CPL BEGINS A 4 MILE  
RUN.....**